

Supplements, in combination with the dietary strategies described in the Best Bet Diet document, can help to substantially reduce inflammation in the central nervous system and to strengthen the veins of the brain.

A variety of supplements are listed below and they are important for ensuring all the functions of the body work as well as possible in combination with their specific effects on the MS disease process. The scientific evidence supporting the benefit of these supplements is strong.

ESSENTIALS

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| Vitamin D3 | 6000 - 8,000 IU. This is best gotten from pills not associated with any vitamin A. |
| Omega 3 Essential Fatty Acids | 5 - 8 g of EPA+DHA. This is best gotten from 2-3 tablespoons of fish oil. Carlson Fish Oil is an excellent product for this. It is best to avoid cod liver oil because of the high vitamin A content. The addition of 1 tablespoon of flax oil can be of value because it contains alpha linolenic acid, a precursor to EPA and DHA. |
| Calcium | 400 - 500 mg |
| Magnesium | 300 - 400 mg |
| Vitamin B Complex | 50 - 100 mg |
| Probiotics | 2 capsules |

OPTIONAL SUPPLEMENTS TO CONSIDER

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|----------------------------|---------|
| Vitamin A | 3000 IU |
| Vitamin E (natural) | 400 IU |
| Zinc | 15 mg |
| Copper | 1 mg |
| Selenium | 100 mcg |
| Iodine | 200 mcg |